



20/21 Annual Report





Youth Focus acknowledges the Aboriginal and Torres Strait Islander people as the traditional custodians of country throughout Australia.

We recognise their continuing connection to the land, waters and community and we pay our respects to Elders past, present and future.

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OUR VISION

Healthy young people
engaging in society,
enjoying wellbeing and
self-determination



OUR MISSION

To equip young people
who experience mental
health challenges to
lead meaningful lives



OUR VALUES

Dynamic
Integrity
Passionate
Quality
Collaboration

ABOUT US

Youth Focus is a leading mental health provider that has been supporting the wellbeing of young people in the Western Australian community for 27 years.

The Youth Focus mission is to equip young people who experience mental health challenges to lead meaningful lives. It does this through the delivery of free and accessible professional counselling services to thousands of young people and their families each year.

In addition to its core service offering of face-to-face counselling, Youth Focus engages with communities to educate and build awareness about youth mental health issues and suicide prevention. As part of this engagement, the organisation delivers group-based therapy, mentoring, vocational support, outreach programs and education programs in schools, workplaces and communities across WA. Youth Focus operates from nine metropolitan and regional offices and is the lead agency for four headspace centres.

PRIMARY PRESENTING ISSUES ↘

SUICIDAL IDEATION

ANXIETY

SELF-HARM

DEPRESSION

FAMILY CONFLICT

Please be advised that we have identified an unintentional misallocation of participant numbers for Youth Focus counselling and assessment services in 2019/20. The correct number is 4,912.

OUR YEAR IN NUMBERS

4,599

YOUNG PEOPLE SUPPORTED
ACROSS YOUTH FOCUS
& HEADSPACE



FELT COMFORTABLE
USING THE SERVICE



2,274

NEW CLIENTS

35,683

OCCASIONS OF SERVICE

12-14

15-17

18-20

21-23

24+

AVERAGE AGE OF CLIENTS ↗

7,696

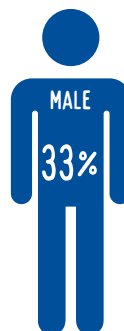
PEOPLE EDUCATED

✓ 95%

OF CLIENTS WOULD
RECOMMEND YOUTH FOCUS

"STAFF BELIEVED IN
ME WHEN I DIDN'T
BELIEVE IN MYSELF.
I FELT I HAVE GROWN
IN THE PAST MONTHS
WORKING WITH THEM."

"FROM THE MOMENT
I FIRST WALKED IN
THE DOOR, I FEEL
WELCOMED, ACCEPTED
AND LIKE I WAS
IN A SAFE SPACE
WHERE I BELONG."



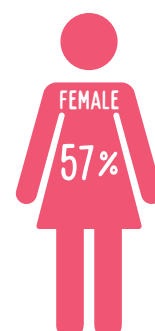
MALE

33%



DIVERSE

2%



FEMALE

57%

CLIENT GENDER BALANCE

8% NOT STATED

CHAIR & CEO REPORT

In a transformational year for Youth Focus and the young people in our care, our free and accessible support was more relevant than ever, and our position as a leading mental health provider was more important than ever before.

During 2020/21, our organisation again adapted and evolved in response to the COVID-19 pandemic, which continued to impact us and our young people. At the forefront of our efforts was the diversification of our services and programs, while placing a significant focus on service excellence to ensure we continue to deliver meaningful, effective, and quality services. In doing so, we refined and strengthened our organisation's support to young people and built more resilient communities across Western Australia.

In 2020/21, we improved our methods of measuring and reporting client numbers to better reflect our activities related to direct client care. We placed a larger focus on occasions of service, as it more accurately depicts activity levels within our client cohort. It also better represents our ever-expanding, holistic model of care – with initiatives such as our Vocational Support Program proving a highly complementary addition to our core service of face-to-face counselling.

In 2020/21, Youth Focus supported 4,599 young people through 35,638 occasions of service from our nine offices, four headspace centres and several outreach locations. This included 2,274 new clients.

Our clients present with a range of complex issues including anxiety, depression, suicidal ideation, family conflict and school stress. Importantly, the clinical results have been overwhelmingly positive, with most of our clients reporting an improvement in their psychological wellbeing and positive experience of the service.

Through the headspace centres operated by Youth Focus in Albany, Geraldton, Northam and Midland (including a Youth Early Psychosis Program), we worked with a record number of 2,931 young people through 23,934 occasions of clinical or vocational service.

OUR COMMITMENT TO RECONCILIATION

In 2020/21, we continued to build on our suite of mental health initiatives that aim to reduce the rate of suicide in young people and improve their mental health and wellbeing in regional and remote areas.

To support this, we proudly launched our inaugural Reflect Reconciliation Action Plan (RAP). The RAP shows our deep commitment to change and our desire to make a positive impact on the social and emotional wellbeing of First Nations Australians. It is an agreed strategy, which has been developed in partnership with Aboriginal and Torres Strait Islander peoples, and details how our organisation plans to achieve a greater level of trust, understanding and connectedness to these communities.

CONNECTING YOUNG PEOPLE WITH EDUCATION AND EMPLOYMENT OPPORTUNITIES

Our organisation continues to expand its vocational programs to support young people living with mental health issues in gaining meaningful employment and education. With support offered from the Perth and Peel regions, Albany, Midland and Geraldton, We have become the largest provider of education and employment support for young Western Australians with mental health challenges and barriers.

EDUCATING COMMUNITIES ACROSS WESTERN AUSTRALIA

Our organisation continues to lead the way in providing meaningful education and engagement through partnerships with schools, workplaces, and local community groups throughout Western Australia.

In 2020/21, we educated and increased the mental health literacy of a record-breaking 7,696 people through in-school and in-workplace sessions.

CREATING A SUSTAINABLE FUTURE

Our organisation recorded a \$1,177,414 surplus for 2020/21 financial year. We are pleased to continue to maintain healthy reserves which will be used for strategic investments including premise upgrades.

PARTNERING FOR PURPOSE

In 2020/21, Youth Focus continued to further its cause through meaningful events and partnerships.

We are thankful for the commitment of our corporate partners, donors, funders and supporters. In particular, we would like to acknowledge Youth Focus Premier Partners: Alcoa of Australia, Channel 7 Telethon Trust, Future Generation Global, Hawaiian, Mineral Resources and Royal Flying Doctor Service WA.

Government relationships and partnerships are crucial to the ability of our organisation to deliver our vital services throughout the community. We acknowledge the relationships with the WA Mental Health Commission, the Department of Local Government and Communities and the Department of Education. We also acknowledge and welcome the announcement of the Australian Government's \$2.3 million investment in the National Mental Health and Suicide Prevention Plan to lead landmark reform in the mental health and suicide prevention system.

We would like to acknowledge the contribution of Hon Roger Cook MLA for his advocacy for our organisation and youth mental health during his tenure as Minister for Mental Health, and welcome the Hon Stephen Dawson MLC to the role.

We are also grateful for the strong relationship with the WA Primary Health Alliance, a partnership which enables our organisation to amplify its reach throughout Western Australia.

The Hawaiian Ride for Youth was once again held in March with participants cycling more than 700 kilometres from Albany to Perth, engaging with more than 3,500 students along the way. We are forever indebted to the riders, support crew, their families, volunteer organising committee, sponsors and supporters who collectively make this event so memorable and meaningful to the WA community. In a challenging fundraising landscape, we're thrilled that the Hawaiian Ride for Youth raised \$1.9 million in 2021.

PARTICIPATION AT OUR CORE

Participation from young people, carers and families remains at the forefront of everything we do. During the year we identified the need to form an agreed definition of safe and high-quality services. To define this, we started a process of co-design, to compile the perspectives of young people with lived experiences, the family and carers supporting them, and the professionals providing services. At the end of the co-design process, the group defined a set of guiding principles to underpin all objectives, activities, and services undertaken by Youth Focus.

OUR PEOPLE ARE OUR GREATEST STRENGTH

We would like to acknowledge the dedication, passion, and professionalism of our people, who work tirelessly in all areas of our organisation – from services and headspace through to events, partnerships, and corporate services. Their continued contributions and commitment to our organisational values ensures that we can deliver the highest level of support to young Western Australians.



LOOKING FORWARD

The new financial year will see our organisation continue to transform and evolve, while we continue to broaden and diversify our service offering and expand our reach to support more young people across the State.

Our organisation is calling for greater investment in youth mental health amid the release of new data that shows an increased number of young people took their own lives in WA. The Australian Bureau of Statistics Causes of Death 2020 report, released in October 2021, shows 58 young people aged between 15 and 24 died from intentional self-harm last year. This is a significant increase on 2019, when 49 young people died by suicide.

The impact of these deaths is far-reaching, often inexplicable and in most cases preventable, and this data strengthens community calls for swift, effective and accessible mental health services to support our young people.

On behalf of all of us at Youth Focus, thank you for your support as we continue to give voice and support to young Western Australians.

DEAN HELY CHAIR

ARTHUR PAPAKOTSIAS CEO

JESSICA'S STORY

"WITH THE HELP OF
MY THERAPIST, WE
HAVE OVERCOME SO
MANY MILESTONES
I NEVER THOUGHT
I WOULD ACHIEVE."



It's hard to pinpoint exactly when my struggles began. I have mixed feelings about my past and I often feel sad for my former self. Growing up, I had always felt 'weird' and 'out of place' but it became so normalised for me that I assumed everyone felt the same.

This normalisation followed on into my teen years where I believed overwhelming anxiety and suicidal ideation was just another 'teen phase', like acne and parental defiance.

When talking about mental health disorders people believe there had to be a time when things went 'wrong', like a traumatic experience. But trauma can be caused by things that didn't happen. For me, it began with the lack of acknowledgment of my struggle.

My struggle was exacerbated by casual bullying and harassment that I received and repressed from my peers and myself. My mental health was more like scattered puzzle pieces and therapy was what motivated me to try and put them all together and see the missing pieces.

There were debilitating, sporadic anxiety attacks during the day, growing fear and struggles with everyday tasks, paranoia, shutdowns, self-harm and suicidal thoughts – all mixed behind the façade of the mask of optimism I created.

There's power to my message because I wouldn't be here, sharing this message today, if I hadn't broken past the barriers stagnating my efforts to seek the mental health support I needed.

In primary school I saw the school chaplain once, all because I got into a heated argument with another student. It was clear my mental health struggles had manifested themselves into anger.

My experience with the chaplain was awkward. This negative encounter was my first barrier in re-accessing support in Year 8. I also had to come to terms with my mental health and the stigma, guilt and isolation that came along with it. I also needed to find a place I could access it for free because my family couldn't afford to pay.

A friend who was seeing the school counsellor helped me re-enter therapy and my journey saw me interact with school psychologists and the Child Adolescent and Mental Health centre before I found Youth Focus.

During that process I was diagnosed with anxiety and depression; and in my last three months of high school, ADHD.

The past two years haven't been easy. COVID-19 has left many people experiencing intense isolation. I felt the brunt force of this, with the breakdown of a three-year relationship, a debilitating neck injury, being bed-ridden for two months with glandular fever where I was trapped with my own thoughts; and the loss of friends over time.

Then, while reintegrating work as a gymnastic coach into my life, I became a workaholic and contracted chronic fatigue syndrome, which further impacted my mental health.

But all these hurdles forced me to rely on my support systems.

With the help of Youth Focus I was able to participate in video chat and phone appointments and learn how to not feel so isolated. I've been gradually getting better.

My therapist helped me manage through all of this and I began to realise why I relapsed. With her help we have overcome so many milestones I never thought I would achieve.

I'm at university now, studying education and finally learning how to manage my mental and physical health with my work and studies.

I've made new friends who I feel more connected to than ever; and I've finally been able to slowly work on my relationship with myself and my family.

Although my life is far from perfect, I still am working on living with mental health disorders and a chronic illness; and it's becoming easier to manage over time.

Jessica

OUR SERVICES

In a changing landscape, the vital services Youth Focus provides to young people continued to evolve and diversify throughout 2020/21.



A key priority has and continues to be the provision of collaborative, holistic models of care to young Western Australians with mental health challenges. Youth Focus recognises that to provide a high quality, appropriate and responsive model of care, services need to be targeted to the individual circumstances of local communities.

Youth Focus provides a range of interventions to support the mental wellbeing of young people from sites in Burswood, Albany, Bunbury, Mandurah, Joondalup and Meekatharra, satellite locations in Cockburn, Leederville, Kwinana, Rockingham and Moora, headspace Centres in Albany, Geraldton, Midland and Northam and 48 schools across the state.

During the year, Youth Focus provided a range of counselling, vocational support, community engagement and awareness, and postvention services to 4,599 young people through 35,638 occasions of service.

In 2020/21, the majority of young people who received support were aged between 15 to 17 year old, with 57 per cent female, 33 per cent male, 2 per cent non-binary and 8 per cent not disclosed or unstated. Youth Focus has a strong focus on diversity and inclusion. It understands that the prevalence of mental health challenges in marginal groups is disproportionately high and carries significant human, social and economic consequences.

The most common presentations for young people referred to Youth Focus in 2020/21 were anxiety, depression, suicidal ideation, family conflict and school stress, with at least 90 per cent reporting more than one of these significant mental health concerns.

Young people are supported by a range of evidenced-based modalities to support them on their journey – such as psychoeducation, cognitive-behaviour therapy, solutions focused brief therapy, interpersonal process therapy, dialectical-behaviour therapy, narrative therapy and acceptance and commitment therapy.

During the year, Youth Focus worked closely with schools including principals, chaplains, school psychologists and student support staff to provide counselling services in-reach services in 48 metropolitan and regional high schools.



Youth Focus is the lead agency for headspace Midland, Albany, Geraldton and Northam. In addition to its partnership with headspace National, alliances with key organisations, including Suicide Prevention Australia, Orygen and the Black Dog Institute, ensure that Youth Focus plays a key role in shaping and influencing policy, and advocating for suicide prevention awareness and services for young people.

Youth Focus identified a need to develop a culturally informed service within the Mid West town of Meekatharra. The service will operate with distinct clinical and community engagement pathways, with partnerships within the community to provide holistic support to young people's social and emotional wellbeing.

Youth Focus understands a young person's journey is unique to them and the importance of including family and carers in a young person's pathway of recovery.

To ensure Youth Focus provides services in line with needs of young people, their families, carers and the community, Youth Focus embarked on a project to form an agreed definition of safe and high-quality services - its own Guiding Principles.

To define this, the organisation started a process of co-design, to compile the perspectives of young people with lived experience of accessing mental health services, the family and carers supporting them, and the professionals providing services. At the end of the co-design process, the group defined a set of Guiding Principles to underpin all objectives, activities, and services undertaken by Youth Focus.

"We have come together to shape how support should be delivered to young people, family and friends and our communities. We are a collective of young people and family members with lived experience of mental health challenges and accessing support. We are mental health professionals and staff from Youth Focus and headspace. We are from Albany, Geraldton, Perth and Northam in Western Australia."

Co-Design Team

Youth Focus has a commitment to continual improvement and providing high quality services. The principles will support the organisation in effectively evaluating and monitoring service delivery to ensure optimal outcomes for young people.



The complete Guiding Principles document is available at youthfocus.com.au/about/publications



35,683

OCCASIONS OF SERVICE
IN 2020/21

"THE COUNSELLORS
ARE KNOWLEDGEABLE
AND OFFER MULTIPLE
FORMS OF THERAPY AND
CARE. I'M LISTENED TO
AND UNDERSTOOD."

4,599

YOUNG PEOPLE SUPPORTED
ACROSS YOUTH FOCUS
& HEADSPACE

"LEARNING THE
STAGES AND WHAT TO
DO ABOUT IT, HELPED
ME REALISE I AM
STRUGGLING A BIT WITH
MY MENTAL HEALTH."

48

SCHOOLS PARTICIPATED
IN YOUTH FOCUS
EDUCATION PROGRAMS



HEADSPACE SERVICES

Youth Focus is the lead agency for four headspace locations in Western Australia. This partnership, funded by the WA Primary Health Alliance, helps connect more young people with professional care.

HEADSPACE MIDLAND

headspace Midland offers a free and confidential service that provides support to young people aged 12 to 25 with mental health, physical health and wellbeing services. The centre operates an early intervention service for young people with mild to moderate mental health issues, an early psychosis program for clients at ultra-high risk of or experiencing psychosis and Individual Placement Support, which supports young people in securing meaningful employment and education.

In 2020/21, headspace Midland provided 5,326 occasions of service to 1,346 diverse young people. During this time, its early psychosis team provided case management and support to an additional 142 young people.

With young people and communities experiencing increased mental health challenges related to the changing COVID-19 situation, headspace Midland took an alternative approach to the provision of counselling utilising online platforms to remain connected and available to vulnerable young people and families during periods of lockdown and uncertainty. The centre remained open during these periods with the headspace early psychosis team continuing to provide community outreach and treatment services to young people identified as ultra-high risk.

In 2020/21, headspace Midland launched a single session framework model in an effort to proactively meet the needs of young people as well as ensure all young people referred to the service had access to timely support.

HEADSPACE GERALDTON

During 2020/21, headspace Geraldton continued to build on its engagement programs and deliver a professional youth mental health service that is appreciated and supported by the local community.

In the last financial year, headspace Geraldton provided 2,263 occasions of service to 646 young people, including 284 new clients. Notably, the centre received an outstanding client satisfaction score of 96 per cent from the young people in its care.

headspace Geraldton continues to invest time into engaging and supporting young men and Aboriginal and Torres Strait Islanders and continues to see a positive increase in service delivery to these at-risk groups. In 2021/21, headspace Geraldton's Aboriginal and Torres Strait Islander engagement was 31 per cent.

The centre continues to increase its efforts in community engagement, establishing solid relationships within the community and some of its most marginalised young people. This has been achieved through the introduction of new mental health services and programs, community partnerships and engagement activities at schools, regional shows, workshops, sporting events and more.





HEADSPACE ALBANY

Giving voice, agency and autonomy to young people accessing headspace Albany has always been a key focus for the centre.

In 2020/21, headspace Albany, described by headspace National as a premier league headspace centre, provided 4,597 occasions of service to 708 young people, including 352 new clients.

During the financial year, headspace Albany introduced new services and further embedded programs to support young people and their families, including Behavioural Exchange Systems Therapy (BEST) and a single session thinking framework. Single session thinking ensures that young people accessing services have the best opportunity to lead their own care journey, as well as significantly reduce waitlists and wait times.

A single session walk in clinic officially opened in May 2021 and has been well attended by the at-risk groups it was targeted towards, including young men, Aboriginal or Torres Strait Islanders and young people at risk of homelessness.

During the year, Individual Placement Support successfully transitioned from a trial into an ongoing program, enabling headspace Albany to continue to support young people into meaningful employment and education.

HEADSPACE NORTHAM

In 2020/21, Youth Focus was commissioned by the WA Primary Health Alliance to establish a new headspace satellite site to provide mental health services to young people aged 12 to 25 residing in the Shire of Northam. The new satellite in Northam means young people in the Wheatbelt aren't required to travel to headspace Midland to access the mental health support they need.

Opening in September 2020, the establishment of this service has presented the organisation with a number of challenges particularly recruitment of suitably qualified staff, security of co-location services, building maintenance and accommodation. Importantly, though, these challenges have also provided positive and meaningful opportunities to connect with services providers, young people and the wider community.

During the financial year, headspace Northam supported 89 new young people through 335 occasions of service.



OUR COMMITMENT TO RECONCILIATION & THE MENTAL HEALTH OF FIRST NATIONS PEOPLES

THE LAUNCH OF A REFLECT RECONCILIATION ACTION PLAN

Youth Focus' inaugural Reconciliation Action Plan (RAP), unveiled in 2020/21, shows a deep commitment to change and a desire to make a positive impact on the emotional and social mental health of First Nations.

Approved by Reconciliation Australia and launched during National Reconciliation Week, the RAP outlines a framework of learning, engagement and improvement strategies which seek to support the Youth Focus commitment to reconciliation.

The RAP is an agreed strategy - developed in partnership with Aboriginal and Torres Strait Islander peoples and driven by the Youth Focus Reconciliation Working Group and Aboriginal Elders, Aunty Muriel and Aunty Cheryl - which details how Youth Focus plans to achieve a greater level of trust, understanding and connectedness to these communities.

The development of a RAP validates the organisation's pledge to create meaningful relationships that are inclusive, trustworthy, reciprocal and adaptable. It highlights the belief that the nation will be enriched by acknowledging, celebrating and preserving the unique and enduring cultures, languages and identities of the First Australians.

Youth Focus acknowledges the ongoing process of learning required to achieve the goals of reconciliation and looks forward to continued conversations and understanding in the new financial year.



REIMAGINING OUR SUPPORT IN THE MID WEST

Youth Focus identified a need to develop a culturally informed service within the Mid West town of Meekatharra and surrounds. This renewal came through reflection that gave Youth Focus greater insight into the importance of being truly a part of the eco-system within the community. Through considered consultation with the community, the new Meekatharra team has garnered positive support in addition to valuable feedback from young people and community members.

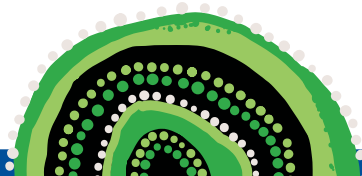
Youth Focus envisages the service will operate with distinct clinical and community engagement pathways, with partnerships within the community to provide holistic support to young people's social and emotional wellbeing.

Services are designed to focus on enhancing the capability of the community to promote self-determination within their young people. A key focus is those who are at risk, or who are already disengaged from services and community.

Youth Focus is grateful for the continued support of the Royal Flying Doctor Service, Sandfire Resources, Sodexo and DDHI, which allow the organisation to pursue delivery of a service which has a meaningful and sustained impact in the community of Meekatharra and surrounding areas.

OUR JOURNEY, OUR STORY

In 2020/21, Youth Focus and headspace Midland and Northam continued to work in partnership with Curtin University for the Our Journey, Our Story project. The group held a number of meetings, co-design sessions, On Country and storytelling events to contribute to research that will improve the mental health and wellbeing of Aboriginal youth.



EDUCATING YOUNG PEOPLE & COMMUNITIES

Youth Focus has developed a range of unique, engaging and relevant programs specifically for young people.

The Youth Focus Education Program, Mental Notes, is endorsed by the Department of Education and is offered free to schools across Western Australia through partnerships with the WA Mental Health Commission, Alcoa and Clough.

Youth Focus has also developed a complementary, fee-for-service program for community members. This program is delivered to a number of workplaces, sporting groups and local councils. Both programs focus on giving young people and their communities the confidence, awareness and willingness to have meaningful conversations about mental health, and seek help if they are experiencing mental health challenges.

Through these programs, which are delivered by highly skilled facilitators with lived experiences, Youth Focus educated 5,850 students, 200 teachers and 285 parents at 48 schools.

While COVID-19 impacted the ability to deliver programs in schools and communities in last financial year, the organisation is now seeing an increase in education requests.

In 2020/21 the organisation reached a further 1,040 people at community education events. Youth Focus maintain strong relationships with schools to ensure conversations about mental health are continued annually to students. Importantly, 90 per cent of schools requested education workshops for the following year, a testament to the quality and positive impact of the program.

GROUP-BASED THERAPY BUILDING RESILIENCE AND COPING SKILLS

In 2020/21, Youth Focus offered a range of therapeutic group-based opportunities to young people. These programs included evidence-based social and emotional learning program, DRUMBEAT by Holyoake; equine therapy sessions involving activities with horses to promote human physical and mental health; and for the first time, an Anxiety Management Cognitive Behavioural Therapy Group.

The Anxiety Management Group aims to help young people aged 12 to 25 understand, challenge and change negative and unhelpful thoughts while building resilience and equipping them with practical skills, strategies and relaxation techniques.

After a successful pilot, Youth Focus also introduced Behaviour Exchange and Systems Therapy (BEST). The BEST program has proven to be an effective treatment for young people with substance use problems and other mental health issues, and in engaging at-risk young people who would otherwise not access the mental health or community health system for treatment.

The BEST program provides support to parents and carers, who in turn are able to more effectively help their young people. As research has demonstrated, improved family function is the key to making these changes. The program has a proven record in reducing harmful substance abuse, at-risk behaviour including conduct and criminal behaviour, and improved mental health.

MENTORS SUPPORTING YOUNG PEOPLE ON THEIR PATH TO MENTAL WELLNESS


The organisation's Mentoring Program continued in 2020/21 with 13 mentoring matches established.

One-to-one mentoring relationships see an adult volunteer mentor educated and supported by Youth Focus to provide unique functional discovery support for a young person who has received counselling. The aim of the program is to provide young people with a safe environment and to nurture a therapeutic rapport with a supportive role model who will help them develop and enhance skills related to communication, self-esteem, goal setting, social skills, relationships and conflict resolution.

The main objectives of the program are to increase the young person's perceived social support; increase their participation in life activities to encourage independence; and to assist with the transitioning from a counselling environment into the social world.



MENTAL NOTES
CONVERSATIONS ABOUT MENTAL HEALTH



"WHAT I FOUND
MOST HELPFUL WAS
HOW TO SUPPORT MY
BEST FRIENDS AND
PEOPLE AROUND
ME WHEN THEY'RE
AT THEIR LOWEST."

SUPPORTING YOUNG PEOPLE INTO EMPLOYMENT & EDUCATION

Introduced in 2019, vocational programs continue to be a meaningful and impactful addition to Youth Focus' suite of services.

With programs offered from Burswood and the Perth metropolitan area, Albany, Midland and now Geraldton, Youth Focus is now the largest provider of education and employment support for young Western Australians with mental health issues. The aim of the program is to improve the educational and employment outcomes of young people aged 12 to 25 with mental health issues.

It integrates employment and vocational services with clinical mental health and non-vocational support and focuses on the individual needs of young people with mental health challenges who are seeking to enter, or remain in, education and employment.

VOCATIONAL SUPPORT AT YOUTH FOCUS

Funded through a partnership with Future Generation Global, in 2019, Youth Focus introduced a Vocational Support Program to assist its clients in securing and retaining meaningful employment or education.

By working with a counsellor and a vocational specialist, clients receive mental health support while being guided to identify employment or training opportunities, create resumes and cover letters, actively seek work and prepare for interviews.

During 2020/21, the Burswood-based vocational team doubled, and referrals to the program significantly increased. In total, Youth Focus supported 63 young people into employment and education through 1,097 occasions of service. Of these young people, 27 clients secured employment, 17 young people enrolled and commenced further education, six started work experience or volunteering, and 13 were supported in obtaining government financial assistance. All of these young people were also receiving face-to-face counselling from Youth Focus clinicians.

Through qualitative and quantitative data, feedback and results, Youth Focus understands that the impact this program is having on young people is remarkable. There is clear evidence that obtaining and maintaining employment is vital for a person's sense of wellbeing. The mental health benefits of employment include a greater sense of autonomy, improved self-reported wellbeing, reduced depression and anxiety symptoms, increased access to resources to cope with demands, enhanced social status and unique opportunities for personal development and mental health promotion.

WORK WELLNESS AT HEADSPACE ALBANY

Work Wellness at headspace Albany provides a tailored and intensive client-centred vocational service based on the young person's preferences.

In the 2020/21, the team supported 43 young people into employment and education. This was achieved through building strong relationships with employers and job service providers in the community.

The team has needed to adapt to the changing labour market, but also to the demands of a regional mental health service. headspace Albany is now supporting young people into employment who have varying complexities including personality and eating disorders, with shared care collaboration with the clinical team integral to success.

The team has utilised the single session framework model to address vocational issues such as disclosure and advocacy with TAFE, university and employers, career guidance, working rights and conditions and workplace bullying.

WORK PATHWAYS AT HEADSPACE MIDLAND

In August 2020, headspace Midland Individual Placement Support (IPS) 'Work Pathways' was relaunched to drive the focus of supported employment for young people accessing headspace services.

In 2020/21, Work Pathways met with 31 local employers over multiple visits to build sustainable relationships and partners to create strong pathways for young people seeking employment. These relationships then supported 46 young people into obtaining and maintaining employment.

Work Pathways at headspace Midland has been identified as a sector leader with the coordinator providing service implementation support, guidance, and supervision to external IPS sites including Black Swan Health.

Work Pathways received notification from the Department of Social Services that the program would continue to 2025, enabling the service and organisation to proactively support young people with mental health issues to access, maintain and sustain employment leading to greater social and emotional outcomes.

Through donations and philanthropic funding, headspace Midland's Work Pathways was able to provide young people access to a brokerage program that enabled the service to provide young people with a range of financial support including interview clothing, textbooks, training and safety gear.

"I CANNOT THANK CONNIE ENOUGH FOR ALL HER HARD WORK, DURING AND AFTER WORK HOURS, SHE WAS HELPING ME FIND MY DREAM JOB. THE PROCESS WAS QUICK AND EASY WORKING WITH CONNIE ON THE WORK WELLNESS PROGRAM, IT GAVE ME HOPE AND CONFIDENCE IN FINDING A JOB THAT COULD SUIT ME, WITH A POSITIVE WORK ENVIRONMENT THAT I COULD GROW IN."

KAYA, IPS CLIENT



"HAVING KAYLA AROUND THE WORKPLACE HAS BEEN A WONDERFUL EXPERIENCE IN THE SHORT TIME THAT SHE HAS BEEN HERE. IT'S THE SMALL THINGS THAT GET NOTICED AND MAKE THE BIGGEST DIFFERENCE, LIKE SAYING GOOD MORNING, OFFERING TO HELP OTHERS WHEN THEY ARE BUSY, HAVING A SMILE AND POSITIVE ATTITUDE ALONG WITH HAVING AN APPETITE TO LEARN AND GAIN EXPERIENCE FROM HER WORK COLLEAGUES."

JEREMY STEWART, MERRYFIELD REAL ESTATE

PASSIONATE ABOUT MAKING A DIFFERENCE

Youth Focus and headspace Youth Reference Groups consist of young people passionate about mental health and wellbeing.

YOUTH REFERENCE GROUP

The Youth Reference Group (YRG) provides input into the strategic direction of services and allows for the voices of young people to be heard and included.

In 2020/21, more than 40 young people were involved in YRGs at Youth Focus Burswood and headspace centres in Albany, Geraldton, Midland and Northam.

Each YRG plays an integral role in providing central insights, observations, and co-design of the organisation's operations. It allows young people to direct youth health and wellbeing policy development and demonstrates good practice by involving young people in advocacy, community engagement, and program and service development.

Throughout the year, the YRGs hosted and attended a range of community and fundraising events, representing the organisation at several public speaking engagements, participating in photography and filming, social media activations, local creative projects and campaigns.

The YRGs engaged with all levels of the organisation, including the Board of Directors, to develop new strategies to ensure Youth Focus remains engaged and relevant to the young people it supports.

"After helping others through issues with their mental health and going through struggles of my own, I realised how important it is to support an organisation that can help empower young people on a much larger scale.

Youth Focus staff bring questions they want us to answer, big or small about the services they offer. This could be anything from giving feedback on how posters look to how we would like clinicians and staff to respond to our issues, to planning new services or fundraisers.

When we assume what people need, we might be reinforcing harmful messages and fail to meet the needs of young people that really need support. It's really important for young people to be able to access support from services that are made to suit them and deemed appropriate by people who are just like them. The best thing about being a member of the YRG is knowing where improvements can be made and having the ability to help change them for the better."

Joanne, YRG Member

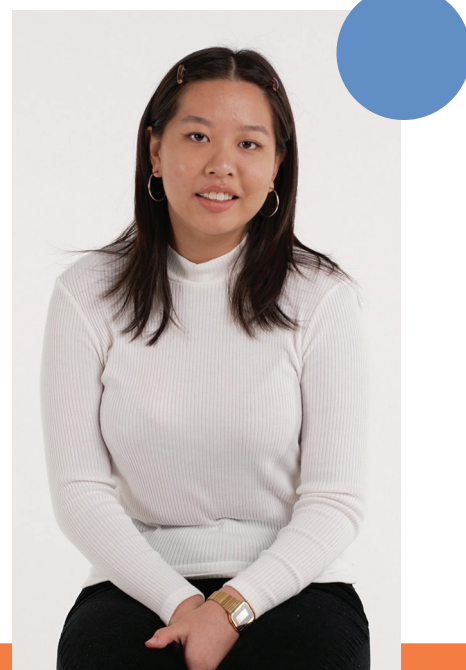
CARERS REFERENCE GROUP

Youth Focus believes that the parents and carers of young people are an integral part of their journey. The Carers Reference Group (CRG) has been established to ensure parents, carers, relatives and significant others of mental health consumers have a voice.

Members of the CRG are given the opportunity to provide input, feedback and participate in co-design to improve not only the organisation's mental health services and programs, but the lives and experiences of other families and carers.

The group also attended a range of community events, representing the organisation at a number of public speaking engagements, participating in photography and filming, social media activations, fundraising events and campaigns throughout the year.

The CRG continues to expand with a focus on ensuring a diverse collective of like-minded, lived-experience adults who aim to make a positive difference.






KARA'S STORY

"MY BIGGEST FEAR AS A PARENT IS THAT ALLY AND I WILL LOSE THE BATTLE WITH MENTAL ILLNESS AND THAT I'LL ACTUALLY LOSE HER TO THIS DISEASE. THAT'S A REALITY THAT WE FACE."





Kara Collins knows the reality of supporting a daughter with serious mental health challenges. And she doesn't mince her words when she recognises the life-changing difference Youth Focus has made to her family.

"Youth Focus has literally saved Ally's life on numerous occasions," Kara said.

Beset by chronic anxiety, 21-year-old Ally has lived out days where she was so down she could not function to get out of bed. There have been times her mother has had to feed and bathe her. And at her lowest, Ally contemplated suicide.

"Our journey specifically saw Ally with undiagnosed anxiety for a number of years," she recounted. "Ally's anxiety has, at times over the last three years, reached severe and critical levels with self-harm and suicide being real threats to her wellbeing."

"As a parent, it's heart-breaking to see your child suffering with a long-term illness."

Shortly after finishing school, Ally started volunteering with the Youth Focus Youth Reference Group as a way of giving back to the community and helping to shape the organisation's programs. She then reached out to Youth Focus counselling services after realising the stresses she had been dealing with was actually severe anxiety.

Kara said Ally's engagement with Youth Focus had given her greater understanding of her anxiety and helped to consolidate the skills needed to manage her mental health day-to-day. But the condition still presented challenges.

"My biggest fear as a parent is that Ally and I will lose the battle with mental illness and that I'll actually lose her to this disease. That's a reality that we face," Kara said.

"We're really fortunate to understand and know what Youth Focus delivers in the community and are really grateful for what they've contributed to our family."

Kara said despite ongoing community programs and awareness, youth mental health was still often misunderstood.

"It's sad for me that a lot of people think when they hear that Ally has a mental health condition, their initial reaction is oh she is a bit depressed, must have the odd panic attack."

"It is so much more than that and really is a chronic health condition. If my daughter was having a turn with diabetes or another condition, family and friends would be able to understand and support."

"As a parent of a young person with a mental health challenge, it's no different to any other health condition – I want to cure it. And if that's not possible, I want to find the right treatment plan that can ensure my child is healthy."

"Unfortunately, with mental health conditions there is no one treatment plan, and there are very limited treatment plans specifically designed for young people."

"Ally being involved with the Youth Reference Group has given her a really positive platform to understand her condition doesn't make her different or any less valuable than anyone else."

Kara said no family should suffer in silence and help was available through Youth Focus.

"Youth Focus is an expert in the youth mental health space so you can take comfort knowing you are on the right track for your child by linking them with the organisation," she said.

"One of the biggest benefits of Youth Focus is that it is available to all young people, totally free, so no young person is discriminated from getting support based on their personal circumstances. A family can have comfort that it is easy and free to get support for their young family members, and that is incredibly reassuring."

Kara



MEANINGFUL EVENTS INCREASING SUPPORT FOR YOUNG WESTERN AUSTRALIANS



HAWAIIAN RIDE FOR YOUTH

From humble beginnings in 2003, the award-winning Hawaiian Ride for Youth has raised more than \$26 million to support Youth Focus and thousands of young Western Australians with mental health challenges.

This annual event is held in March across 4.5 days with riders covering more than 700 kilometres on their journey from Albany to Perth. While cycling through regional Western Australian towns, the riders visit high schools to engage with students on the importance of positive mental health and raise awareness of the Youth Focus services available to them.

The 2021 Ride Week was a very special occasion, given the cancellation of the 2020 event due to COVID-19. Tuesday 23 March saw 134 riders start their journey from Albany to Perth.

During Ride Week, more than 3,500 high school students took part in unique presentations given by the riders who delivered key mental health messages developed by the Youth Focus clinical team while sharing their own stories and experiences to reinforce the messages.

Youth Focus is forever indebted to the riders, their families, the volunteer organising committee and 34 team sponsors, who collectively continue to make the Hawaiian Ride for Youth so memorable. Without this event, the organisation would not have the capacity to support thousands of young Western Australians with free professional counselling services each year.



"THE JOURNEY HAS BEEN ONE OF MANY MEMORIES AND EMOTIONS AND A HUGE CHALLENGE. IT HAS SHOWN ME THAT YOU CAN ACHIEVE A LOT WITH A POSITIVE MINDSET, IT'S OKAY TO HAVE A BAD DAY AND ABOVE ALL THE AMAZING PEOPLE THAT WERE BY MY SIDE HELPING ME ALONG WERE AMAZING AND NEVER DID I FEEL ALONE."

ERIN DE BARRO, RIDER 2021

PANORAMA

On Friday 20 November, more than 100 Youth Focus supporters boarded Perth's new floating venue, The Raft, for an exclusive new fundraising event, PANORAMA.

Guests were treated to a mouth-watering four course luncheon, premium Australian beverages and breathtaking views of Perth City, the Swan River and Elizabeth Quay. Throughout the afternoon an impressive line-up of young Western Australian talent entertained guests as they raised vital funds to support youth mental health.

Youth Focus generous supporters raised more than \$145,000 on the day, surpassing all expectations for the new event. Special thanks to all of the event partners, sponsors and auction donors.

CELEBRATING THOSE WHO MAKE A DIFFERENCE

The annual Make a Difference Awards is an opportunity to recognise the many individuals and businesses that have supported the organisation's life-changing work with young people over the past 12 months.

This year, Youth Focus presented awards in five categories including the Youth Award, which was presented to both Robert Kenway in recognition of his outstanding commitment to his wellness journey throughout his time with headspace Albany and overcoming challenges he faced throughout that process.

The evening also saw Youth Focus clients Tony Nguyen, Aaliyah Seedat and Mathew Tadj awarded Tim Anderson Scholarships to support their educational endeavours.

MENTAL HEALTH WEEK BREAKFAST

To coincide with Mental Health Week, Youth Focus again hosted its annual breakfast to facilitate discussions around key youth mental health issues and update its supporters on the organisation's past and future endeavours.

The event saw 60 key stakeholders gather at the Ritz Carlton in Elizabeth Quay to hear from guest speaker, Associate Professor Ashleigh Lin, Program Head of Mental Health and Youth at the Telethon Kids Institute. Dr Ashleigh Lin presented an engaging presentation on the effects of COVID-19 on the mental health of Western Australian youth, and what we can do to tackle these emerging challenges.



WALK FOR ME

STEP UP FOR YOUTH MENTAL HEALTH



FUNDRAISING FOR GREATER IMPACT

Youth Focus is fortunate to be the beneficiary of community fundraisers, organised by extraordinary individuals who share the vision of reducing youth suicide in Western Australia.

From workplace giving to exclusive events and campaigns, the wonderful supporters of Youth Focus raised more than \$215,000 in 2020/21.

This voluntary contribution makes a real and lasting difference to the lives of young Western Australians and their families. In 2020/21, Youth Focus was supported by a number of third-party fundraising activities. While COVID-19 prevented some large scale events occurring, a number of individuals embarked on physical challenges while motivating their peers to support their fundraising efforts. Thank you to everyone who made their move to help young people in need.

In 2020, Youth Focus launched its inaugural virtual fundraising event, Walk for Me, encouraging all Western Australians to walk 15, 24 or 49 kilometres during Mental Health Week. To reinforce the connection of this challenge to the Youth Focus cause, each of these distances represents the statistic that 49 young Western Australians aged between 15 to 24 tragically died by suicide in 2019. The event attracted 1,211 participants who collectively raised more than \$150,000.



MAY 8 M8D8 MAKE CONVERSATIONS MATTER

In April 2021, Youth Focus launched M8D8, an initiative created by the very people it's designed to help, young men. This initiative captivated thousands of young people through a launch event at Peel Health Hub, followed by a month-long digital campaign which educated and raised awareness of mental health issues in young men while challenging the perception of young guys taking their mates on a date and encouraging meaningful conversations that could save lives.

In May 2021, Youth Focus launched its annual end of financial year fundraising drive in an effort to help raise awareness about youth mental health and raise vital funds for Youth Focus services. The appeal acknowledged the "strength in sharing", and shared four videos of young people, parents and their deeply emotive mental health journeys. The digital campaign raised a record amount of more than \$60,000.

Thank you to everyone who has supported Youth Focus in the last financial year. Community support remains crucial to the organisation's ability to enhance service delivery and reach more young people in their time of need.





PARTNERING FOR GROWTH



Youth Focus thanks the State and Federal Governments, corporate and foundation partners, and local communities for their generosity in supporting young Western Australians dealing with mental health issues.

During the last financial year, Youth Focus welcomed new partners, strengthened existing relationships and continued to develop robust government relationships at both Federal and State levels.

In 2020/21, the State Government, through the Mental Health Commission, continued to provide vital funding for the implementation of postvention strategies in schools, while the Department of Communities supported Youth Focus in the delivery of counselling services to the community.

The WA Primary Health Alliance (WAPHA) continued its strong partnership with Youth Focus, providing essential funding to support the ongoing management of four headspace centres in Albany, Geraldton, Northam and Midland.

During the year, Youth Focus continued to expand its partnership with the Royal Flying Doctor Service to support vulnerable young people access essential mental health care in the State's Murchison regions. Ongoing partnerships with Sandfire Resources and its contractors DDH1 and Sodexo, provided further support of this important program by funding of an additional resource to provide support to disengaged youth in the Murchison region, where mental health services are scarce or non-existent.

Youth Focus welcomed a new three-year partnership with CBH Group to support expansion of web-based counselling services into a number of schools and communities throughout the State's grain growing regions.

The Stan Perron Foundation and Youth Focus celebrated the first year of a three-year partnership supporting expansion of the organisation's signature counselling services in Perth's east and southeast metropolitan corridors. Both areas are identified as high need in terms of mental health support services.

Long-term supporter, Mineral Resources, continued to partner with Youth Focus to support the delivery of essential face-to-face counselling services for young people, and expanded their partnership to include a dedicated counselling to provide mental health support to participants of their apprentice program.

Future Generation Australia expanded its funding of the Perth metropolitan-based Vocational Support Program, which supports Youth Focus clients obtain and sustain meaningful employment and education opportunities.

Youth Focus continued its strong relationships with Coogee and Alcoa of Australia, supporting the delivery of essential counselling services and mental health education in the Peel Region, Kwinana and surrounding areas. Alcoa also funded the delivery of a new awareness-raising campaign called M8D8, which encourages young men to connect in the simplest of ways for the greatest of reasons.

The community continues to benefit from the organisation's partnership with long-standing partner Hawaiian, which continued as the naming rights partner for the largest Youth Focus fundraising event, the Hawaiian Ride for Youth.

Youth Focus also acknowledges and thanks the ongoing support of and generosity of the Channel 7 Telethon Trust, IOOF Foundation, Detail and Citadel MAGNUS.

Youth Focus sincerely thanks all of its partners for their support and looks forward to continuing to work together over the coming year to make a positive difference to the lives of young Western Australians.

OUR SUPPORTERS

PREMIER & MAJOR PARTNERS



Government of Western Australia
Mental Health Commission
Department of Local Government and Communities



Government of Western Australia
Department of Education



OFFICIAL PARTNERS



HESPERIA



OFFICIAL SUPPORTERS



DETAIL



EVENT SPONSORS

Arc Infrastructure • Avoca Insurance Brokers • Azure Capital • BNK Bank • Budget Car & Truck Rental
Buswest • Chronic Care Australia • Citadel-MAGNUS • Detail • Euroz Hartleys • Hawaiian • Hesperia • Key Residential
KPMG • MACA • Mineral Resources • Minter Ellison • Morgans • Office Solutions IT • Oqea • Perrott Painting
Shadforth • Simon Lee Foundation • Synergy Consulting • WA Primary Health Alliance • Wesfarmers

EVENT SUPPORTERS

Adam Gilchrist • Adrian Tobin • APM • Aqualyte • Aquirian • Aussie Natural Spring Water • Brad Hogg • Brightside Live
Budget Car & Truck Rental • Buswest • Cable Beach Club Resort & Spa • Catalanos • Cathy Fogliani Event Consultancy & Management
COMO the Treasury • Cove Legal • Dorper Lamb • Felicia Aroney • Gage Roads • Global Cabling • Katharina Surtees • Mark Waller
Office National Canningvale • Pedersons • Scotch College Pipe Band • Skull Island • Southwest Hospital Pharmacy
The Raft • Trench Health & Fitness • West Coast Eagles

Optimising life
opportunities
for young people
experiencing
challenges in
mental health.



youthfocus



OUR PEOPLE AT THE HEART OF OUR ORGANISATION



In 2020/21, Youth Focus employed a total of 132 staff across nine locations. Of these, 77 per cent directly supported young people in client facing roles.

During the year, Youth Focus placed a focus on fostering authentic connections and conversations. In doing so, it continued to create a space and culture of inclusivity that fosters and attracts diversity in the workplace and among its client base.

Based on employee feedback and engagement, the organisation reimagined the way it rewards and recognises employees. The new model promotes a consistency of recognition practice across the organisation and enables employees to express their value and appreciation for one another in their own unique, localised way.

At Youth Focus, people are integral to services provision. Looking forward, the organisation and its people will continue to define a shared sense of identity while seeking opportunities to challenge the status quo, break down silos and operate in a manner that is optimal to supporting young people.

PAULETTE ANDERSON

TEAM LEADER MEEKATHARRA

What motivates me is the love I have for living in Meekatharra and working with the Meeka mob. I love hearing the sound of kids laughing and enjoying life, their pride in their accomplishments and the strength they have inherited from their ancient culture. We are constantly consulting and listening to what our community wants – and providing a service that is meaningful and worthwhile. Meekatharra is such a unique place and deserves the very best service we can offer.

Youth Focus is committed to attracting and retaining talent to lead the diverse services and programs it provides to young people and communities across Western Australia.

DANIEL TOHER

SERVICE EXCELLENCE MANAGER

Something that motivates me in my role is the desire to reduce the barriers young people experience in a system that is riddled with them. Barriers are disheartening and have the potential to exacerbate the mental health challenges that young people face. Being able to connect a young person to meaningful support that is beneficial to them cannot be taken for granted.



SUZANNE CAREN

REGIONAL MANAGER PERTH METRO & WHEATBELT

With a background in youth work, my motivation stems from ensuring young people across Western Australia have access to timely, high quality and place-based mental health services. It is so important that we are providing evidence-based interventions that are holistic and enable the young person to lead their own journey of recovery ensuring they have every opportunity to become contributing members of their community. In an environment that is becoming more strained and communities that are becoming more complex it is important that we are innovative, compassionate and invested to meet the needs of young people and families.



BOARD OF DIRECTORS

The Youth Focus Board performs essential governance and strategy functions for the organisation.

Youth Focus has been deliberate in its recruitment of talented, committed and passionate Board members with complementary skill sets. It is important that each Board member brings with them not just corporate acumen and commercial experience, but also an understanding and alliance with the organisational values: **Dynamic, Integrity, Passionate, Quality & Collaboration.**

In 2020/21 we acknowledge the contribution of outgoing member **Fiona Lander** and welcome **Christina Matthews** and **Derry Simpson**.



DEAN HELY CHAIR

JOINED MARCH 2015
CHAIR FROM FEBRUARY 2020

Dean Hely is the Managing Partner of leading independent Western Australian law firm, Lavan.

Dean was admitted as a partner of Lavan's predecessor firm, Phillips Fox Perth, in November 1999. He was deputy Managing Partner of that firm and then of Lavan from 2002 to January 2013. Dean became Managing Partner of Lavan in February 2013.

Dean has more than 25 years' experience in corporate reconstructions, insolvency and commercial litigation for major firms and leading financial institutions.

Dean has a Bachelor of Laws and Bachelor of Commerce from Queensland University.



ARTHUR PAPAOKTSIAS DIRECTOR & CEO

JOINED JANUARY 2019

Originally a psychiatric nurse, Arthur has significant leadership experience across the health sector, and has advocated for improved mental health policies and programs for much of his career.

Previously CEO of Neami National for 27 years, Arthur steered the organisation through significant growth, expanding from two staff to more than 1,000 supporting 9,000 people across five states.

Arthur has served on numerous Boards and is a Director for the Western Australian Association for Mental Health.

Arthur holds a Graduate Diploma of Business (Health Services Management) from RMIT University and has attended three residential leadership programs at Harvard Business School.



ROD JONES MEMBER

JOINED MAY 2020

Rod Jones is the founder and Chair of Navitas, a global leader in the development and provision of educational services and learning solutions. The company has annual revenues of about \$1 billion, a staff of approximately 7,000 and teaches over 80,000 students across 26 countries.

Rod is widely recognised as one of the pioneers of Australia's international education sector. In 2007, Rod received an honorary Doctor of Education from Edith Cowan University in recognition of his outstanding contribution to the development of the international education sector both in Australia and globally.

Rod holds a Bachelor of Commerce from UWA and is a Fellow of the Australian Institute of Company Directors.



PAUL LARSEN
DIRECTOR

JOINED OCTOBER 2016

Paul is an experienced CEO, recently completing a 12-year stint as the CEO of Arc Infrastructure.

Paul is on the Board of Arc Infrastructure, Centurion Transport, Perron Group and Kimberley Ports Authority.

Paul has taken part in the Hawaiian Ride for Youth for the past six years to raise money for the important work Youth Focus undertakes in preventing youth suicide and will be participating as support crew in 2022.

Paul holds a Bachelor of Business and is a Certified Public Accountant and Graduate of the Australian Institute of Company Directors.



ASHLEIGH LIN
DIRECTOR

JOINED FEBRUARY 2020

Associate Professor, Ashleigh Lin, is Program Head of Mental Health and Youth at the Telethon Kids Institute. She is also the Co-Director of Embrace at Telethon Kids.

Ashleigh is passionate about improving the mental health of young people and is recognised as a leader in youth mental health research.

Ashleigh holds a Master of Clinical Neuropsychology and PhD from the University of Melbourne and has worked as a post-doctoral research fellow in Melbourne and the United Kingdom. She also holds a Career Development Fellowship from the National Medical and Health Research Council in Australia.



CHRISTINA MATTHEWS
MEMBER

JOINED AUGUST 2020

Christina Matthews is Chief Executive Officer of the Western Australian Cricket Association (WACA) and a former Australian cricketer.

Christina is a well-respected voice within the Australian cricket community. She has proven herself to be an effective and courageous leader and brings with her 35 years' experience in various management, coaching and development roles.

A significant contributor to the development of cricket, Christina has spent many years supporting community cricket associations and sits on a number of Boards and committees.



BILLY MESTON
DIRECTOR

JOINED FEBRUARY 2020

Billy is a Partner at PwC Australia. He has been working with private, entrepreneurial and not-for-profit organisations in Australia and the UK since 1994, and has significant experience in corporate governance, strategy, mergers and acquisitions, national and international expansion.

A Registered Company Auditor (Australia), Billy holds a Bachelor of Commerce (Double Hons) from the University of Edinburgh and is a member of the Institute of Chartered Accountants in Australia and Scotland.

Billy is a former Director and Trustee of the Australian Defence Force Assistance Trust (The Bravery Trust), Director of the Westside Wolves Hockey Club and President of Claremont Nedlands Junior Cricket Club.



PHIL RENSHAW
DIRECTOR

JOINED OCTOBER 2018

Phil is an Associate Director in the taxation division of BDO WA. Prior to this, Phil spent 26 years at KPMG in Perth, the last 17 years as a Partner.

Phil has a Bachelor of Business from Curtin University, is a graduate of the Australian Institute of Company Directors, and is an Accredited Mediator with the Resolution Institute of Australia. He is a member of CPA Australia and a Certified Tax Adviser with the Taxation Institute of Australia.

A father to six children and one grandchild, Phil has a resounding empathy with the Youth Focus mission. He has also completed the Hawaiian Ride for Youth eleven times and was Chair of the Hawaiian Ride for Youth Organising Committee for three years.



DERRY SIMPSON
DIRECTOR

JOINED DECEMBER 2020

Derry is a brand and communications professional with over 20 years' experience as the strategic architect of some of Australia's best-known brands and businesses.

Currently, Derry is the Head of Brand and Strategic Communications at Telethon Kids Institute – a role that has enabled her to combine her brand and communications experience, with a passion for improving the health and wellbeing outcomes for children.

Derry is a mentor to many young women in WA and a 2018 Telstra WA Business Woman of the Year Finalist.

Derry is also the Chair of Awesome Arts and a highly active supporter of the WA arts and creative community.

INVESTING FOR THE FUTURE

Youth Focus recorded a \$1,177,414 surplus for 2020/21 financial year.

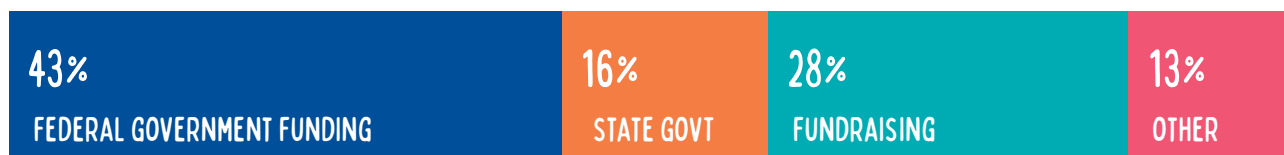
Youth Focus continues to maintain healthy reserves, which will be used for strategic investments including upgrades of its head office location. These upgrades will ensure the premises are youth-friendly, inclusive and safe, while enabling more young people to be supported.

The organisation's revenue increased by four per cent which was directly attributed to an increase in government funding and contracts. This buffered the slight decrease in donations experienced due to operating in a challenging fundraising environment.

In 2021/21, expenditure increased by 8 per cent to support service delivery and administration underpinning quality assurance.

Youth Focus is grateful for the support received from donors, foundations and funding bodies to ensure that at-risk young people in the Western Australian community are able to access much-needed mental health services.

INCOME UP BY 4%



EXPENSES UP BY 8%



STATEMENT OF FINANCIAL POSITION

AS AT 30 JUNE 2021

	CONSOLIDATED	CONSOLIDATED
AUDITED	2021 \$	2020 \$ *
ASSETS		
Current Assets		
Cash and cash equivalents	4,534,167	4,032,689
Trade and other receivables	492,370	1,362,180
Other current assets	2,945,962	1,257,658
Total Current Assets	7,972,499	6,652,527
Non-Current Assets		
Property, plant and equipment	2,173,802	2,479,632
Right of use assets	468,701	852,456
Total Non-Current Assets	2,642,503	3,332,088
Total Assets	10,615,002	9,984,615
LIABILITIES		
Current Liabilities		
Trade and other payables	616,877	649,751
Interest bearing liabilities	391,362	467,270
Other liabilities	1,416,926	1,321,686
Provisions	655,057	771,512
Total Current Liabilities	3,080,222	3,210,219
Non-Current Liabilities		
Interest bearing liabilities	131,646	425,608
Provisions	75,215	198,282
Total Non-Current Liabilities	206,861	623,891
Total Liabilities	3,287,083	3,834,110
NET ASSETS	7,327,919	6,150,505
EQUITY		
Accumulated funds	7,327,919	6,150,505
TOTAL EQUITY	7,327,919	6,150,505

* This adjusted statement should be read in conjunction with the Notes to the Financial Statements in the Youth Focus Inc. Financial Report for the year ended 30 June 2021, available from youthfocus.com.au

STATEMENT OF PROFIT & LOSS & OTHER COMPREHENSIVE INCOME

FOR THE YEAR ENDED 30 JUNE 2021

	CONSOLIDATED	CONSOLIDATED
AUDITED	2021 \$	2020 \$ *
REVENUE		
Revenue	15,837,939	15,167,119
Interest income	15,263	38,950
Other income	-	1,636
Revenue & Other Income	15,853,202	15,207,705
Employee benefits expense	(10,540,570)	(9,866,804)
Depreciation and amortisation expense	(958,923)	(736,326)
Event expenses	(615,094)	(525,989)
Information communications technology expenses	(680,167)	(732,853)
Motor vehicle running expenses	(80,370)	7,007
Rent and outgoings	(376,270)	(443,863)
Insurance expense	(68,922)	(63,814)
General office expenses	(386,140)	(241,017)
Travel expenses	(204,516)	(163,438)
Marketing expenses	(138,959)	(133,923)
Finance costs	(33,850)	(53,659)
Other expenses	(592,007)	(614,480)
Expenditure	(14,675,788)	(13,569,159)
Surplus before income tax expense	1,177,414	1,638,546
Income tax expense	-	-
Surplus after tax from continuing operations	1,177,414	1,638,546
Other comprehensive income	-	-
TOTAL COMPREHENSIVE INCOME FOR THE YEAR	1,177,414	1,638,546

* This adjusted statement should be read in conjunction with the Notes to the Financial Statements in the Youth Focus Inc. Financial Report for the year ended 30 June 2021, available from youthfocus.com.au

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 30 JUNE 2021

	CONSOLIDATED	CONSOLIDATED
AUDITED	2021 \$	2020 \$
CASH FLOWS FROM OPERATING ACTIVITIES		
Receipts from customers	16,802,989	15,016,480
Payments to suppliers and employees	(13,907,671)	(12,837,925)
Interest received	15,263	38,950
Interest paid	(33,850)	(53,659)
Net cash provided by operating activities	2,876,731	2,163,846
CASH FLOWS FROM INVESTING ACTIVITIES		
Purchase of property, plant and equipment	(173,232)	(623,572)
Proceeds from sale of property, plant and equipment	-	1,636
Net cash used in investing activities	(173,232)	(621,936)
CASH FLOWS FROM FINANCING ACTIVITIES		
Transfer to term deposits	(1,687,395)	(1,216,545)
Payment of lease liabilities	(514,626)	(515,883)
Net cash used in financing activities	(2,202,021)	(1,732,428)
Net increase/(decrease) in cash held	501,478	(190,518)
Cash and cash equivalents at beginning of financial year	4,032,689	4,223,207
CASH & CASH EQUIVALENTS AT END OF FINANCIAL YEAR	4,534,167	4,032,689

This statement should be read in conjunction with the Notes to the Financial Statements in the Youth Focus Inc. Financial Report for the year ended 30 June 2021, available from youthfocus.com.au

The background is a vibrant, abstract composition. At the top, there are stylized clouds in white and light blue against a dark blue night sky filled with small white stars. Below the clouds, a dark blue wave-like shape contains a yellow circle and a purple circle. The middle section is dominated by a large, white, cloud-like shape. In the foreground, there are large, overlapping, organic shapes in blue, yellow, and pink. A solid orange circle is partially visible on the right side.

yf

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